

The Carbon Chronicle



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C. H. NASH & SON

PHONE 11

Hunt and Garrett Rinks Top School Bonspiel

Howard Hunt skipped his rink to six victories and into two finals of the Carbon school two-day bonspiel last Friday and Saturday before bowing to the Dick Garrett aggregation in one event.

Three events were run off and following are the winners:

Tassel event: 1st, Dick Garrett; 2nd, Howard Hunt; 3rd, Archie Gouldie; 4th, Jim Foster.

Curlers event: 1st, Howard Hunt; 2nd, Lloyd Halstead; 3rd Archie Gouldie; 4th, Cannings.

Losers event: 1st, Mr. Jack Appleyard; 2nd, Chuck Martin,

The rinks were composed of the following students and teachers:

Howard Hunt, Merle Ohlhauser, Nova Buyer, Dennis Barr, Dick Garrett, Shirley Hay, Audrey Martin, Donald Kary.

Archie Gouldie, Reg Heath, JoAnn Ohlhauser, Mr. Jack Hughes.

Lloyd Halstead, Jim Cooper, Vernon Bettcher, Loretta Harsch.

Evone Foster, Ilene Schmidt, Raymond Cannings, Virgil Remper.

Jim Foster, Cynthia Barnes, Darleen Hecktor, Rose Simon, Chuck Martin, Myrna Schell, Roger Tetz, Dennis Marshman, Bill Heath, Mary Flaws, Gordon Poon, Morley Buyer.

Mr. Jack Appleyard, Margaret Schmierer, Carl Hermanson, Mervin Permann.

Mary Madjesi, Gerald Kary, Ellen Harsch, Doreen Harsch.

The students wish to thank the curling club for their kindness in the use of the ice, and also thanks those who donated or sold prizes at reduced prices.

Rev. L.E. Vaughan conducted funeral services Wednesday at 2 p.m. in McInnis and Holloway funeral home, Calgary, for Mrs. James (Christena Anice) Stout, 74, of Irricana, who died Saturday at her home. Burial was in Queen's Park cemetery.

Born in Washington, Iowa, Mrs. Stout came to Irricana 42 years ago. She is survived by her husband; a son, Murl in Victoria; two daughters, Mrs. Edith MacAlpine of Carbon and Mrs. Ethel Hesselgrave of Irricana, formerly of Carbon; 11 grandchildren and six great-grandchildren.

Claude Cressman and Gordon Bramley of Carbon were involved in a car-truck collision west of Naemine Monday morning. Returning to Carbon with Wright Motors gas truck Mr. Bramley met Mr. Cressman, who was travelling east. Cressman was unable to swing his car from the ruts on the slippery road, and slid into the left front corner of the truck.

Considerable damage was done to the front end of the car. The truck was protected by a heavy bumper and grille guard and damage was not as extensive.

Chick Supplies---

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Men's Knee high Rubber Boots, 16 in. **\$5.55**
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Drilling Of Second Well Started In Virden District

VIRDEN.—Drilling began on the second well which the California Standard company is sinking 1,300 feet south of its first well in Virden district and it is unofficially estimated that it will take about two weeks to reach the 2,200 foot level at which the first well gave a promising show of oil.

Meanwhile pumping equipment is being set up at the first well and as soon as tanks are delivered to the site tests can be made which will give a much better indication of the commercial potential of the well.

Leasing activity in the district is just about finished because most of the farmers who own oil rights on their land have already signed them over.

Oil is still the main topic of conversation in the town, however, and there is much speculation as to what a major strike would mean to this western Manitoba community.

Central B.C. Interest Americans

VANCOUVER, B.C.—At least half the letters of enquiry about settling in B.C. received by the B.C. Government Travel Bureau in Victoria come from Americans.

This fact emerged in a report of the year's activities by the bureau's commissioner, Ernest Evans, to a meeting of the B.C. Tourist Council in Hotel Vancouver.

He receives a daily average of 10 letters from throughout the U.S., including such "end of the rainbow" spots as California and New Mexico.

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Here's a hint from Mrs. Basil Rathbone. Compare BLUE BONNET Margarine with any spread at any price. Like the famous actor's wife, you'll love BLUE BONNET's fresh sweet flavor! Rich nutrition! Real economy! BLUE BONNET is fine quality all-vegetable margarine. Use BLUE BONNET in cooking, on vegetables, as a delicious spread. Buy BLUE BONNET and get "all three"—Flavor! Nutrition! Economy-e-e!

Blue Bonnet margarine is sold in two types—regular economy package with color wafer and also in the famous YELLOW QUIK bag for fast, easy color.

BT-5

2922

Funny and Otherwise

A five-year-old boy had been having trouble at the hands of a small school-fellow. One day, on his return from school, he remarked to his mother: "Johnny isn't nasty to me any more; every time I see him, I hit him to keep him kind."

At a birthday party a young lady began singing "The autumn days have come, ten thousand leaves are falling . . ." She started on too high a pitch . . . screamed and stopped at "ten thousand."

An auctioneer who was present exclaimed, "Try starting her at five thousand!"

1st Tenant: "The superintendent says that the woman who just moved into that apartment on the third floor is anemic."

2nd Tenant: "My, my—and she looks just like a Canadian, doesn't she?"

"Eric loved a girl called Emma. A month ago he called her 'darling,' three weeks ago he was calling her 'dear,' and two weeks ago he was calling her 'Emma'!"

"What does he say now?"

"Maud!"

A small boy, visiting New York for the first time, went in a lift to the top of a skyscraper. As he shot past the 62nd floor at breath-taking speed, he gulped, turned to his father, and asked, "Daddy, does God know we're coming?"

2922

Treaty Indian Wins Dog Race

WINNIPEG.—A treaty Indian from Brochet, Man., Joe Highway romped home ahead of 14 other dog mushers at The Pas to win the money in the 1951 Canadian open championship dog race.

Highway, a 43-year-old trapper, drove his eight huskies over the rugged 140 mile course in 16 hours, 49 minutes and 50 seconds.

First three spots in the race went to treaty Indians as the thermometer registered the warmest temperature ever recorded during four years of the Northern Manitoba Trappers festival.

A little more than 11 minutes behind Highway was Bill Beardy, 25, a Grand Rapids fisherman. Beardy's time for the two 70 mile laps between The Pas and Cranberry Portage was 17 hours, 1 minute and 5 seconds.

Third prize of \$400 went to a 32-year-old trapper from Cedar lake, McLeod George.

\$750,000 HOTEL FOR MEDICINE HAT

MEDICINE HAT.—Contracts have been signed for completion of the new Assiniboia Hotel here and work will get under way at once, says George Cantalini, president of the hotel company. The three-storey structure will cost about \$750,000.

In some parts of Mexico there are lotteries for dead souls.

REGINA HOLDING SPRING BONSPIEL

REGINA.—Officials of the Regina Curling club announced that a spring bonspiel will be staged the week of March 27 on their artificial ice.

There will be four events with draws at 6, 8 and 10 o'clock every night. It is open to all rinks in the province.

Earl Bourne was appointed chairman of the 'spiel.

Curling ..

"Don't talk to me about curling," writes a lady in the Oak Lake News, Manitoba. "I never saw a game of curling, but my Bill is a skip."

After years of listening to how he had to win every game himself, I have come to the conclusion that four men are not required on a rink.

The lead is never able to put the rocks where Bill wants them. The Second is a good sweeper, but that's all. The Third always misses the broom at a critical time, and Bill has to make the shots that win the game.

You should see the demonstration that I have been privileged to witness for years at the breakfast table after he has won.

Your eyes would pop to see how easy it is for him, with the salt shaker, to draw the port between the bacon and eggs, wick off the cream pitcher and lay shot up against my toast, behind the marmalade jar. There can't be much to curling so why not do away with the other three and only have the skip in each rink? This would reduce the number of curlers' widows by 75 per cent.

GOOD ADVICE

Cross streets quickly and with certainty. Don't make the driver guess what you are going to do—he may guess wrong! Books, papers and conversation can wait till you're safely across. Traffic inattention means hospital detention.

PATENTS

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MAGIC makes baking fine-textured, delicious!

CINNAMON SANDWICH BISCUITS

Mix and sift once, then sift into a bowl, 2 c. once-sifted pastry flour (or 1 1/4 c. once-sifted hard-wheat flour), 3 tbs. Magic Baking Powder, 1/4 tsp. salt and 1/4 c. fine granulated sugar. Cut in finely 4 lbs. chilled shortening. Combine 1 well-beaten egg, 1/2 c. milk and 1/2 tsp. vanilla. Make a well in dry ingredients and add liquids; mix lightly with a fork, adding milk if necessary, to make a soft dough. Knead for 10 seconds on lightly-floured board and roll out to 1/4" thickness; shape with floured 1 1/2" cutter. Cream together 1 1/2 lbs. soft butter or margarine, 1/4 c. lightly-packed brown sugar, 1/2 tsp. grated orange rind and 1/2 tsp. ground cinnamon. Using only about half of the creamed mixture, place a small spoonful of the mixture on half of the cut-out rounds of dough; top with remaining rounds of dough and press around edges to seal. Spread biscuits with remaining creamed mixture and arrange, slightly apart, on greased cookie sheet. Bake in hot oven, 450°, about 12 minutes. Serve warm. Yield—16 biscuits.



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WINNIPEG CALGARY REGINA EDMONTON SASKATOON MOOSE JAW SWIFT CURRENT PORTAGE LA PRAIRIE

Science Studies Ancient Medicines Can't Explain Their Effectiveness

By HENRY C. NICHOLAS

(CPC Correspondent)
WASHINGTON.—Scientists of the Smithsonian Institution are engaged in an exciting search for buried treasures. The wealth these scientists are seeking is not buried gold and jewels but something much more valuable—the lost medical knowledge of older civilizations.

They have made some astounding "discoveries"—actually the re-discoveries of miraculous drugs and cures of the medicine men of older civilizations, who are clearly entitled to laugh at modern man. The ancient medicine men were much wiser fellows than we ever dreamed they were.

These scientific explorers into ancient civilizations are convinced there is a vast amount of lost knowledge which remains to be re-discovered. They give many illustrations of valuable knowledge once known to man, which somehow was lost to the world or perhaps retained by a few tribes of savages.

The scientists of the Smithsonian Institution working with members of the Botanical museum of Harvard, are now studying a South American vine which produces an amazing drink called yoco. According to all reports this drink has astonishing qualities possessed by no other drug known to medical science.

The Indians of Colombia for ages have been drinking yoco to supply muscular stimulation. The drink, it is said, enables the natives to work tirelessly and without food for hour after hour, with no fatigue or any sensation of hunger.

Indians in southern Colombia and adjacent regions of Peru and Ecuador keep in their household a large supply of yoco stems. Few Indians ever make a long trip through the forest or by canoe without carrying two or three pieces.

"I have tried yoco on many occasions," says Richard Evans Schultes in his report to Harvard university, "and find that the statements of the natives regarding the stimulating and hunger-allaying properties are not in the least exaggerated."

"I have made long trips through the forests, and, taking nothing but yoco, have felt neither fatigue nor hunger."

Yoco is so highly prized by the Indians as an important part of their diet, that the growing scarcity of the plant is one of the causes of the occasional abandonment of excellent townsites by an entire village of Indians. The Kofans of Puerto Osoina are one of the tribes which recently moved its entire village nearer to the wild supply.

The remarkable quality of yoco is new to us, but the Indians have known about it for ages. This is just another instance where "less advanced" people have beaten us to the punch in the field of medicine. Maybe Korea will supply another illustration.

"The North Koreans" said an American army officer, "can start marching."

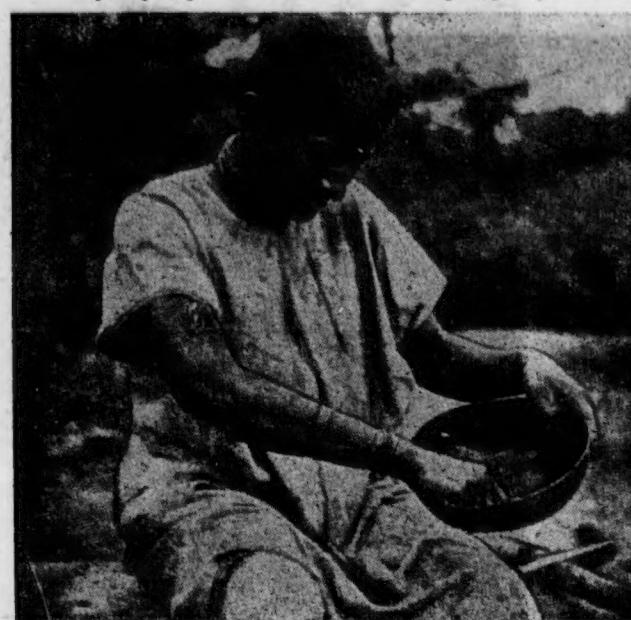
TRY AND STOP ME!

By BENNETT CERF

Mrs. Abernathy, writing a letter to her mother, couldn't find a calendar, so she asked her husband, "Honey, have you any idea what day this is?" Mr. Abernathy looked up from his paper warily. He had gotten into trouble through just such an opening before, and he wasn't going to make the same mistake again. "I know it's our anniversary, darling," he lied gracefully, "but the jeweller didn't have the gift I picked out for you initialed in time."

The immigration authorities were examining the credentials of a middle-aged Scotch couple that sought admission to the U.S. The passport pictures caused trouble. "Mr. MacGregor," said the official, "this photograph of you is a perfect likeness, but I must say this other picture looks nothing like Mrs. MacGregor to me. Have you other substantiating evidence that this lady with you is indeed your wife?" Mr. MacGregor sighed deeply and whispered to the official, "Laddie, if ya can prove she isn't, I'll gie ye 20 pounds."

There was a long line waiting to use the only public telephone booth in the neighborhood, and when a young thing with blonde curls and a huge vanity bag strapped over her shoulder prepared to enter, the experienced men behind her sighed in unison and resigned themselves to the inevitable. The young thing, however, sensed what was going on in their minds. "Don't you fret," she told them sweetly. "I'll only be a minute. I just want to hang up on him!"



—Central Press Canadian.
A Kofan Indian Prepares Yoco By A Primitive But Effectual Method.

ing at daybreak, march all day, and the blood is pumped by rhythmic beats of the heart. One of the ancient ideas of the early Chinese was to diagnose disease by checking the patient's pulse.

Maybe, say the Smithsonian scientists, the medicine men of North Korea have some drug unknown to us, like yoco, for instance.

It was the same story recently with leeches. The "cure" of certain diseases by drawing of blood goes back to the cave man. Then this ancient idea was scorned for centuries.

Recently the American Geriatrics society was advised that leeches are an excellent cure for rheumatism, arthritis and apoplexy. They "draw off the infection" and thereby clear "rust" from your veins, the society was told.

It wasn't until the Seventeenth century that we rediscovered that

World Competition For Potato Harvester

Importance of the need to encourage the more complete and more effective harvesting of potatoes by machinery has prompted the Royal Agricultural Society of England to open to overseas as well as U.K. entries, its £3,000 (\$8,850) prize competition for potato harvesters.

The closing date for receipt of all entries will be March 24th, 1951. Regulations and entry forms can be obtained from the secretary of the R.A.S.E., at 16, Bedford Square, London, W.C.I.

The competition is for machines, or groups of machines, that undertake the full sequence of operations from raising the potatoes from the soil to depositing them direct into bags or a transport vehicle. Foreign entries must be capable of working on normal British row-widths.

Competitors may be required to provide two identical machines so as to permit simultaneous trial in different districts and under different conditions.

An average of about 2,000,000 pounds of swordfish is caught on the Atlantic coast each year.

Fertilizing Machinery On The Increase

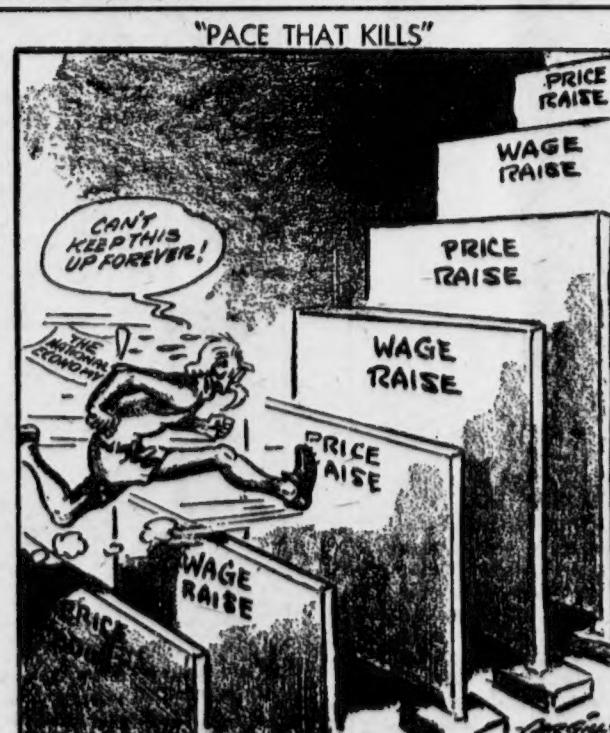
The most diversified type of farm machinery now on the market is the equipment used for spreading fertilizers. This grows out of the increasing use of various forms of fertilizer to fit particular need and requirements.

Today's fertilizing equipment ranges from small hand-operated devices to tractor units, self-unloading trucks and aircraft with spreading attachments, states C-I-L Agricultural News. This equipment is used to apply fertilizer as a gas, a liquid, crystals, granules and finely divided particles.

Fertilizer has become so important to the farmer that a trend is developing to design fertilizer equipment as the basic unit with planters, drills and cultivators being made as interchangeable attachments.

TO BE AVOIDED

Sidestep that argument. Bitterness of feeling induces not only a mood of unhappiness but even disagreeable physical reactions such as a tightening of the muscles, stomach disorders, or pains in one part of the body or another.



Expedition Brings Back Rock Containing Uranium Oxide And Copper From Northern Sask.

SASKATOON.—Stored in protectively lead-lined padlocked boxes in a vault in downtown Saskatoon are pieces of rock, heavy with uranium oxide and rich in showings of copper. Some of these were brought back just before Christmas by five Saskatoon men who found them north of Camsell Portage, in the extreme northwest of Saskatchewan.

To get them, they motored 250 miles from Saskatoon to the settlement of Lac la Ronge, then flew some 500 miles north and west to the north shore of Lake Athabasca, north of the 59th parallel, to land at Camsell Portage.

The expedition was part of Saskatchewan's hunt for uranium.

The five men were Henry Wright, managing director, and Ford Beavis, director of Great West Uranium Mines Ltd.; Douglas Beavis, his brother, all of Saskatoon; George Hershberger of nearby Milden, and Don Worden, Saskatoon newspaper man who, familiar with the development of Kirkland Lake gold and cobalt silver in Ontario, wanted to see the lay of the uranium country.

The prospecting group is conducting exploration and development work on a concession of 25 square miles some 10 or 12 miles north of Camsell Portage.

It is part of a larger area, 220 miles wide by about 70 miles deep, which is the centre of Saskatchewan's uranium hunt. In the northwest, it adjoins the Northwest Territories; its southern limit is the 59th parallel.

There are more than 30 active mining operations, ranging from exploration to development. There, for instance, is the scene of the recently-announced John Nesbitt discovery.

Headquarters of the scattered camps and lonely tents of that grim land of rock, lake, forest and caribou pasture is Goldfields. This is the town boomed in the days of the Box mine, whose wide vein of ore made gold pay at \$8 a ton. Before it closed in the early '40s, Box mined 2,000 tons a day and made gold bricks in its own refinery.

The Box mine's power plant today supplies several uranium operations and, with installation of a new turbine, will have a reserve for future expansion. It is operated by Consolidated Smelters.

In the Camsell Portage area, caterpillar roads are ready for major operations. Ore, or eventually concentrates, can be loaded there on North-

ern Navigation Company barges and taken to Waterways, 350 miles southwest across Lake Athabasca, where there is a railhead.

Native trappers, turned prospectors, now are as familiar with the Geiger counter, the gadget which buzzes in the presence of radioactive ore, as they are with dog sled, rifle and trap line.

The prospecting trenches run 15 feet deep and more. They are filled with rock shattered by dynamite blasts. Parts of them have a smudgy, rusty color. That is uranium oxide. There is also a glittering yellow—that's copper.

STANDARD BRIDGE

By M. Harrison-Gray
Dealer: North.
East-West game.

N.
♦ J 6
♦ Q 3 2
♦ Q 9

W.
♦ 3 2
♦ K 6 4
♦ Q 7
♦ K J 10 4 2

E.
♦ Q 8 7 4 3
♦ A
♦ 10 9 3 5
♦ A 7 6
♦ 8 6 3

Both North-South pairs lost points on this hand from the 1949 match between Goddard's American World Champion team. South opened One Spade after two passes, intending to pass any response; but in spite of his nine points and five-card major suit, North in each room made the misleading bid of One No-Trump which was passed out.

East led ♦ 10 to dummy's ♦ J and West's ♦ Q. This held the trick, North being loath to part with his only trump card. West returned ♦ 7 to ♦ A, and the next trick was won with East's ♦ A. A third Diamond was led; North won and played ♦ Q. West holding off. The Spade finesse succeeded and North escaped with one down. Two Hearts would have proved an easy contract.

On The Side : By E. V. Durling

Speaking Of Records

Are you a clever pipe smoker? How long do you think you could keep going without re-lighting a pipeful of one eighth of an ounce of tobacco? The record established in a Vancouver pipe-smoking contest is one hour and fifty-seven minutes. Speaking of records, a citizen of Tokyo swatted one hundred and eighty thousand flies in a day. Try to beat that next summer. Silvain Dornon, a Frenchman, walked from Paris to Moscow, eighteen hundred miles in fifty-eight days on stilts. Cary Grant, the cinema actor, was once an accomplished stilt walker, but the best he ever did was to walk from City Hall, New York city, to Coney Island, about fifteen miles. One Johanna Hasslinger walked on her hands from Vienna to Paris, eight hundred and seventy-five miles. I don't know any woman who can walk very far on her hands, but they say the Duchess of Windsor is clever at it. George Hossfield, typewriter speed artist, wrote one hundred and thirty-nine words a minute of unfamiliar printed copy for one hour. Let your charming amanuensis try to top that. A Manchester, England, barber recently shaved a man in twelve seconds. James Braid, the great pro golfer, went around a difficult course in sixty-four on his sixtieth birthday.

Perfect Proportions

How well-proportioned is your wife? What do you figure her chances would be of winning a Mrs. America bathing beauty contest? One test for determining how well-proportioned a feminine figure is calls for first measuring the wrist. If, for example, the wrist is six and a half inches, the waist should be 26 inches. The hips should be six times measurement of the wrist, the thigh three and a half times, the calf two and a half times and the ankle one and one-quarter times.

Disappointed Husbands

More husbands are disappointed as to the way a marriage turns out than wives. So states Dr. Robert S. Ort, in doing a bit of experting on life among the married. He says expect married life to be a much more enjoyable experience than it usually turns out to be. There is something to what he says. Still I do not believe this is the fault of the wives. It is because too many husbands put the girl they marry on too high a pedestal. They class her as an angel and when she proves to be a little less than that are disappointed. On the other hand the brides are more practical in their future views of matrimony. Besides, women have more powers of endurance than men.

Missing Persons Bureau

Have you lost track of some member of your immediate family? Is there a close friend of yours or a relative on the missing persons list? Did you know that from its London, Eng., headquarters the Salvation Army operates one of the most efficient missing persons bureaus in the world? This bureau has connections everywhere in the world but behind the Iron Curtain. It has the remarkable record of finding 66 per cent. of the missing persons it has received inquiries about.

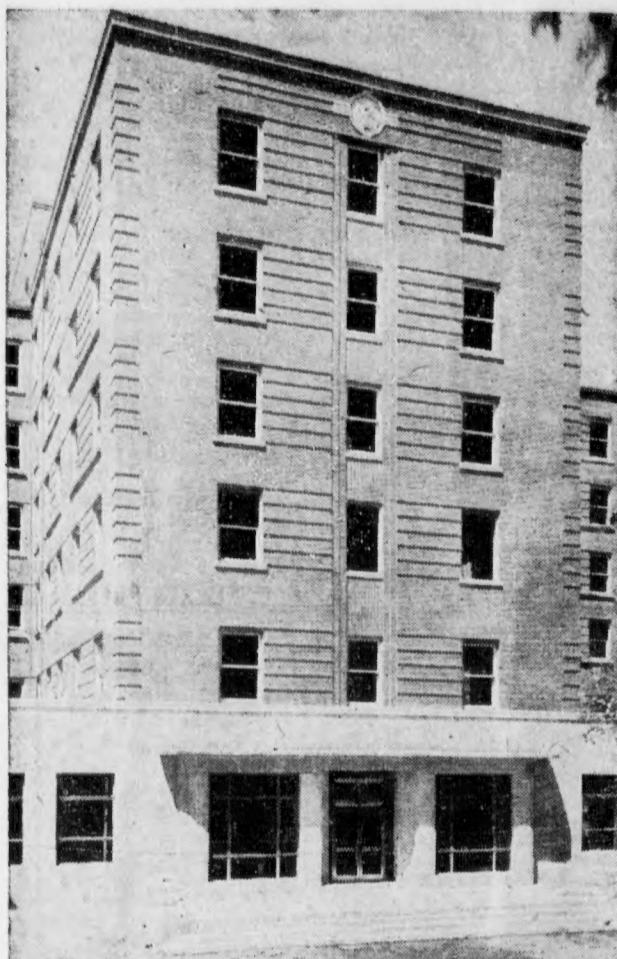
To Please A Lady

At a social event or at a high-grade night spot a woman attired in an evening gown accompanied a man wearing a light-colored business suit presents a pathetic picture. I was going to say a ridiculous picture. But pathetic is more suitable. You know the woman isn't having as good a time as she would if her escort were wearing a dinner suit. After all, what is difficult about wearing the modern type dinner suit? There is nothing uncomfortable about it. A low collar is permissible. I can understand a man dodging full dress, but not a dinner suit. Well taken care of, it will last for some time. Wearing it will please your wife. Practically all women are highly pleased when given a chance to dress up. But they don't want to be escorted by a fellow attired like a sap.

**South Koreans
Pray For Success
Of U.N. Forces**

World News In Pictures

**Millions Needed
To Repair B.C.
Flood Damage**



NEW \$2,000,000 CANCER CLINIC—A \$2,000,000 Institute of Radiotherapy, to provide every known facility for diagnosis and treatment of cancer, and for research into cancer prevention and cure, will be erected at Wellesley hospital, seen above, in Toronto, according to recent announcement made by Premier Leslie Frost. The premier said work on the project would begin at once in what he termed Ontario's "declaration of war on cancer".—Central Press Canadian.



ACQUITTED ON MANSLAUGHTER CHARGE—Almost three months ago 48-year-old socialite Mrs. Marion Sullivan of Toronto was charged with murder, which was later reduced to manslaughter, after the body of her husband, chief solicitor of Ontario lands and forests department, was found in a bedroom of Chateau Laurier, in Ottawa, last Nov. 18, covered with numerous cuts and bruises. Today Mrs. Sullivan, seen with son Frank, is a free woman following acquittal of manslaughter charge by 12-man jury in Ottawa. Ten-day trial saw 52 witnesses testify and 80 articles filed as evidence by crown.—Central Press Canadian.



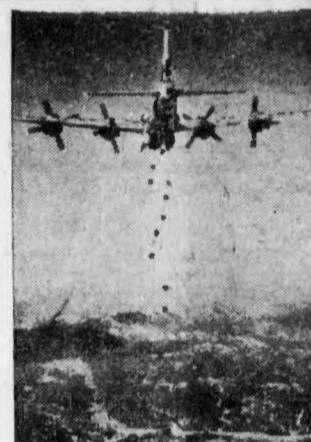
PRAYERS IN SUPPORT OF U.N.—Fervent believers in the power of prayer, these South Koreans kneel in the snow of a bleak Korean winter near Taegu and pray for the success of United Nations forces. They are members of a Catholic choral group which fled Seoul when the Communists swept down from the north.—Central Press Canadian.



The above picture shows John Wedel, Hank Derkson and Jack Schmidt, residents of the flooded Vedder river valley, paddling their way by boat over former roads and fields.—Central Press Canadian.



MEMORIAL TO WAR HEROES—This 70-bed hospital, built at a cost of \$1,000,000 was opened at Port Colborne, Ont., recently. A memorial to World War II dead of the district, it was opened by four mothers who had lost sons in the conflict.



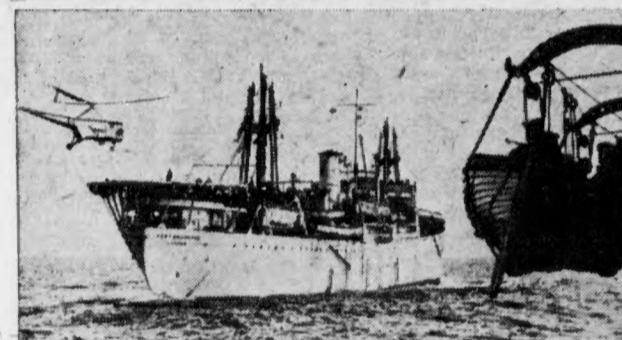
BOMBS AWAY—It matters little what type of enemy target lies in this rugged, mountainous terrain of Korea, very little will remain of it after the falling bombs have done their work. This photograph was made from a B129 Superfort, on one of the dozens of bombing attacks made on Communist positions.



FIRST AID FOR BAVARIA'S BIG GAME—Because of mounting snow masses and avalanches which have threatened Bavaria's big game, the forest commission and hunt masters have installed a first aid service to rescue the animals from "white death", and to provide them with food. Here, a doe found almost starved and sunk in the snow is seen being carried to shelter on a sled.



The Derkson home at Yarrow, B.C., all but floated away when flood waters rose to the roof. Hardest hit by the flood was the Fraser valley. It is estimated that millions will be spent repairing the flood damage.—Central Press Canadian.



TEST 'COPTERS FOR PASSENGER SHIPS—The British navy fleet supply ship Fort Duquesne, fitted astern with a tiny platform, has been carrying out helicopter landings in the English channel to test the practicability of such landings on merchant vessels. Here the copter is about to land, while a manned lifeboat, (right), hangs from the destroyer H.M.S. Savage, ready to go into action in the event of a mishap.



LONG-RUMORED ENGAGEMENT of Narriman Sadek, (left), 17, and King Farouk, (right), of Egypt, has been announced in Cairo, as the monarch observed his 31st birthday anniversary Feb. 9th.

The Sports Clinic

(An official department of Sports College)
Conducted by Lloyd "Ace" Percival

Fighting Fatigue With Food

Many athletes dislike to play or practice hard because of the tired, "played out" feeling they have afterwards. This "listlessness" often affects your studies, makes it tough to get up in the morning or prevents you from putting full effort into your schoolwork or job. It also affects the drive you put into your play.

The reason for this feeling is simple. When the body becomes fatigued, the vital elements which combat fatigue are used up. The only way these things can be replaced is through proper diet.

The athlete's body is like a racing car. It must have special high octane fuel to operate at peak efficiency. Thus, by "replenishing" the elements used up during any hard exercises, you will recover your energy faster, and hard work won't seem so unpleasant.

This was the basis of special diets given to the Stanley Cup Champion Detroit Red Wings when they recently requested a physical evaluation by the Sports College technical staff. Recommendations now in use by the Wings include diets, flexibility exercises, relaxation drills, and other measures previously outlined in this column to postpone fatigue and aid physical efficiency.

When the body becomes fatigued the main elements lost are:

Carbohydrates: The fast-burning, high powered fuel of the human motor.

Proteins: Proteins build and rebuild the muscular tissues of the body.

Complex Vitamins: These vitamins enable the body to get the full-

est possible good out of the food which is eaten. They are also good heart and nerve builders.

Other Minerals: Many other minerals important in the function of the body are lost in small quantities during hard physical effort.

Alkaline Reserve: As the body grows fatigues, the system becomes acid. The alkaline reserve of the body which enables it to combat this "fatigue acid" is depleted by exercise.

There are two principle ways in which these things can be replenished.

1. Basic Diet. The food you eat during the day must contain adequate quantities of the elements used by exercise. The important ones are:

Proteins: Lean meat; milk; Yami Yogurt; Ovaltine (an exceptionally good source), and eggs, are the important protein foods. Make sure you get plenty of these every day.

Carbohydrates and Alkaline Reserve: Fresh fruit, especially oranges; dried fruit, especially figs and apricots; honey.

B Complex: Whole grain cereals and breads, especially hovis bread, which contains the most wheat germ of any whole wheat type of bread; Yami Yogurt; liver.

2. Special Replenishing. If you take certain foods immediately following hard exercise, they will help you "come back" much faster than usual, giving you plenty of pep for other activities. This type of replenishing is very popular with the Detroit Red Wings, and members of the Sports College testing groups who hold so many Canadian track and field records, since its effects are noticeable very quickly.

These are the foods used in special replenishing:

1. Hovis bread or toast, and honey. This combination, high in carbohydrates and B Complex, is a favourite of "Red" Kelly, Detroit defence star.

2. Ovaltine. This has a high protein content, and is rich in B Complex and certain other important minerals.

3. Oranges. The juice of four or five oranges sweetened with honey will help rebuild that alkaline reserve quickly. It is also high in carbohydrates and other minerals.

Such snacks should be taken soon

after your game or practice. They are also valuable to help you replenish any time your energy is low, and will aid in avoiding that tired feeling.

Any athlete who pays attention to these basic tips in diet will begin to notice the results very soon. Since the body depends on what you put into it to rebuild what you take out of it by hard work, it's obvious that you must pay special attention to this part of the diet. So take a tip from the Detroit Red Wings. They find that by "replenishing" they lose their game fatigue much faster, and can play harder and better while they are on the ice. Right now the Wings are up at the top of the heap in the National Hockey League.

Anyone can join Sports College merely by writing a letter to "Sports College, Box 99, Toronto 1, Ontario." Membership is free, and a catalogue listing more than 100 publications containing coaching and advice in all sports will be sent to you with your membership card. This training material, widely recognized as the finest of its kind in the world, is available nowhere else. Mention the newspaper in which you saw this column when you apply for membership.

A regular broadcast of Sports College carries additional coaching and advice from famous athletes every Saturday afternoon. Look up the time and station in your area.

World Happenings Briefly Told

The board of transport commissioners deferred hearings until April 5 on four applications for permits to build natural gas pipelines out of Alberta.

Sweden and West Germany have initiated a 1951 trade agreement which may wipe out Germany's trade deficit. The deficit at the end of 1950 was about \$48,000,000.

Farmers in a prescribed arc around Riding Mountain national park may continue the restricted elk shooting season, it was announced by Manitoba's director of game and fisheries, C. W. Malaher.

A group of Swedish wood pulp experts will visit Indonesia this year to set up a wood-pulp plant which is expected to make the country independent as a paper producer within a few years.

An 80-year-old Lithuanian widow aboard the Canadian Pacific ship Beaverbrae was the 15,000th immigrant brought to Canada under the Canadian Christian Council for settlement of refugees.

Conventions and motor tourists brought Toronto \$33,717,000 in business during 1950, the Toronto Convention and Tourist Association was told by John C. Porter, the Association's retiring president.

A donkey was blown up 20 feet into the air by a charge of dynamite at a quarry near Almaden, Spain. It landed upright and walked away unhurt. The owner equipped the animal with a pair of cardboard wings and paraded it through town to the cheers of the populace.

KITCHEN MEDITATIONS By JANE DALE

NOBODY CARES

You don't know how I miss you now;
I'm as lonesome as can be,
For though these streets are full of
folks

They are strangers all to me.

There's not one to care if I come
or go.

I don't know my neighbor's name:
I can't run in for a cup of tea,
Yet there's no one that's to blame.

There's none to admire my brand
new coat,
Or to smile at my crazy hat.

I never know the neighborhood
news,
For there's none to stop and chat.

The ups and downs of you friendly
folk,
I miss them every day.

There's so much cheer in one's home
town

That I miss now I've gone away.

Zinc accidentally was discovered
by a German alchemist in the Six-
teenth Century.

Mrs. Guy Lombardo Compares Blue Bonnet —Always Puts It On!



Here's a hint from Mrs. Guy Lombardo.

Compare BLUE BONNET Margarine with any spread at any price. Like the band leader's wife, you'll love BLUE BONNET's fresh, sweet flavor! Rich nutrition! Real economy! BLUE BONNET is Canada's fine quality all-vegetable margarine. Use BLUE BONNET in cooking, on vegetables, as a delicious spread. Buy BLUE BONNET and get "all 3" — Flavor! Nutrition! Econom-e-el!

Blue Bonnet margarine is sold in two types — regular economy package with color wafer and also in the famous YELLOW QUIK bag for fast, easy color.

BT-6

Weekly Tip

RETARD FREEZING

Hardy housewives who hang out their laundry on freezing days will find a hot water bottle an aid. Leave it in the laundry basket to retard freezing of the wet clothes, and use it as a hand warmer from time to time.

X-X OUR CROSSWORD PUZZLE X-X

X-X OUR CROSSWORD PUZZLE X-X										
1	2	3	4		5	6	7	8	9	10
12				13				14		
15				16					17	
18		19					20	21	22	
23	24				25			26		
27					28			29	30	
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34		35				36				
37	38				39					
40	41	42			43			44	45	
46	47	48	49				50			
51		52					53			
54				55			56			

HORIZONTAL
1 Temporary grant
5 Yellow bugle
8 Delicate
12 Accessories
15 Shoshonean
16 Fertile spot
17 Wife of Adam
18 501
19 Lithuanian
20 Preposition
22 Comparative
23 Light-hearted
25 To decorate
27 Conclusion
28 To stain
29 Gone by
31 Sert
32 To petition
33 Mastened
34 Ostrichlike
bird
35 To understand
36 To find
fault with
37 Hawkeye
38 State of mind
40 That fellow
42 Prefix: two
43 Vessel
44 Note of scale
Constellation
46 Margarites
50 Meadow
81 Offenses
against good
taste
84 Petal
85 Being, in the
most abstract
sense
86 Black powdery
substance

VERTICAL
1 To praise
2 Cheerful
3 View of things
4 Tropic
5 Greek letter
6 Country of
Europe
7 Jackpot
8 Tropical
blackbird
9 Article
10 Rain water
11 River of
France
12 Bellows
14 Privately
15 Orient
16 Skilled
17 Aviator
18 Not any
24 Boredom
25 Yes

26 Swift
27 Price
28 Owling
30 Poem
32 Ocean
33 Pellet
35 European
36 Boreas
38 Siberian
river
39 Burrowing
quadrupeds
40 To greet
41 Sea eagle
43 Part of a
44 City in
Nevada
45 Orient
47 Girl's name
50 Game
52 Whether
53 Exists

PAIRS UNITE
RHYTHM SARONG
OR SEAL ANTE
BAT ACER BEEF
OSCAR KEELED
TEXAS DIVERSE
EISNE NEVE
SUSPECT LEFER
IR SERUM RENA
EGO RURAL LUG
GIVE KRIS RE
HAMM NEARED
GLUME ENTAD

Answer To Last Week's Puzzle

THIS CURIOUS WORLD By WILLIAM FERGUSON

WOOD
IS USED IN MORE THAN 4,000 WAYS!
NORMALLY, WE USE ABOUT 40% OF OUR WOOD CROP FOR LUMBER, AND ABOUT 28% FOR FUEL!

KWIZ KORNER
This spot is sometimes called the "Taj Mahal" of America, because of the beautiful marble "Singing Tower" that stands 132 ft. (32 ft.) high. Yours, Elmer

BARNs
ARE GOOD TARGETS FOR LIGHTNING BECAUSE THE WARM, DRY AIR INSIDE FAVORS THE PASSAGE OF ELECTRICITY.

ANSWER: Iron Mountain, Fla.

6-25



—By Al Vermeer

FOUR gay aprons for you! Sew them all—for birthday gifts, hostess gifts, or for your own use. They're thrifty—you can even use scraps for the contrast. Pattern T4694: small 14, 16; medium 18, 20; large 40, 42. Small size with bib, all one fabric, 1 1/2 yds. 35-inch.
This pattern, easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.
Send twenty-five cents (25c) in coins (stamps cannot be accepted) for this pattern. Write plainly size, Name, Address and Style Number and send orders to:
Anne Adams Pattern Dept., Winnipeg Newspaper Union, 60 Front Street W., Toronto.
The black keys on a piano are made from ebony. 2922

Andrew Stewart

PIONEER PREACHER PROFESSOR

The people of the Prairie Provinces are indebted to T. G. McKittrick, former publisher of the Crystal City Courier for making available in book form an interesting story entitled "Andrew Stewart of the Prairie Homesteads". The author gives many interesting details of this great personality Andrew Stewart, who came West in 1879 as one in the Company of a band of pioneers who later selected him as their spiritual adviser. Andrew Stewart graduated from Victoria University, Toronto, the same year as he came West—1879, and was ordained a minister of the Methodist Church. After serving in this capacity for several years he was appointed Head of the Theological Department of Wesley College in Winnipeg.

The author has spared neither time nor effort to make this book an interesting record of the man to whom the West owes so much in that by his indomitable courage and his zeal to further his Master's Kingdom, established a place of worship in Crystal City and laid the foundation of a Christian Community, the influence of which has extended far beyond the confines of the Province of Manitoba.

In 1889 (ten years after Andrew Stewart arrived in Manitoba), he, with other likeminded men, turned their efforts in the direction of establishing Wesley College as a centre for education in the Province of Manitoba, and from small beginnings, classes were formed in a building on Albert Street in the City of Winnipeg; and again, a year or two later, Wesley College was located in a brick residence at the corner of Broadway and Edmonton, Winnipeg.

At the close of 1895 students numbered eighty-three, including those attending junior and senior matriculation classes, covering work now completed in our Manitoba Colleges and High Schools, as well as in the denominational Colleges.

Wesley College Staff in 1892 included Rev. J. W. Sparling as Principal; Professor R. R. Cochran, teacher of Mathematics; Professor G. J. Laird, Science; Professor Stewart, English and Theology; Professor Osborne, Languages; Professor J. H. Riddell, Classics and Theology.

Wesley College Building Fund continued to climb toward the objective of One Hundred Thousand Dollars, and by 1891 plans were being considered for the erection of a suitable building for a growing College.

The site decided upon, and immediately secured, was an entire city block in the City of Winnipeg, from Balmoral to Spence Street, and facing on Portage Avenue, containing five and a half acres, and costing \$12,000.00.

Added to the amount secured in the West by popular subscription were substantial gifts from friends in Eastern Canada.

Today another appeal has gone out to further extend the work so ably started by men like Andrew Stewart, Wesley College, now known as United College, has found it necessary to supplement the accommodation provided in its older buildings by the erection of a building to be used to house the Faculty of Theology and the General Library. For some years now it has not been possible to accommodate the students of the College in the buildings on its own campus. Space has been rented in nearby buildings. With the opening of the new building now under construction all the students registered in the College will be accommodated on its own campus and will have the advantage of the use of the most modern and up-to-date college library building west of the Great Lakes.

The College has projected further plans which will be implemented as the money is found for the purpose. Every step taken toward this end will add to the permanent assets of the community, the province and the country. Money spent in providing proper educational facilities for the rising generation should, in the view of the College, be looked upon not as an expense but as an investment in the future of the free world.

The book "Andrew Stewart of the Prairie Homesteads" can be purchased from the author T. G. McKittrick, P.O. Box 98, Crystal City, Manitoba, price \$1.50.

SMILE OF THE WEEK

POLISHED

"There's one thing about being bald-headed."

"What's that?"

"It's neat."

The life span of the average robin is about 15 years.

Honored For Great Work In Agricultural Progress

WINNIPEG—Three men who have given their working lives to agricultural progress were awarded the Canadian Seed Growers' association's highest honor.

Presented with "Robertson associate" awards and medal at the Manitoba branch annual meeting were:

T. J. Harrison, director of the barley improvement institute and a former superintendent of the experimental farm at Indian Head, Sask. Albert Atkin of Union Point, Man., who has grown registered grain or grass seed for 38 years.

J. H. Tolton of Oak Lake, Man., a past president of the Manitoba livestock board and a director of the Manitoba exhibition.

A. H. Parker of Gilbert Plains was elected Manitoba branch president. T. W. Spafford of Riding Mountain is vice-president.

GEMS OF THOUGHT

TRUST

It is better to suffer wrong than to do it, and happier to be sometimes cheated than not to trust.—Samuel Johnson.

To be trusted is a greater compliment than to be loved.—George MacDonal.

Trust Truth, not error; and Truth will give you all that belongs to the rights of freedom. — Mary Baker Eddy.

We do not trust God, but tempt Him, when our expectations slacken our exertions.—M. Henry.

An undivided heart, which worships God alone, and trusts Him as it should, is raised above all anxiety for earthly wants.—Geikie.

Patterns

Trousseau-Worthy



Alice Brooks

Showering a bride? Getting a trousseau ready? Here's the lovely bed-set you want! Easy embroidery—just 8-to-inch crosses!

Quick color for linens. Pattern 7345; transfer 2 motifs 6 1/4 x 15 1/2 and one 7 1/2 x 22 inches.

To obtain this pattern send twenty-five cents in coins (stamps cannot be accepted) to:

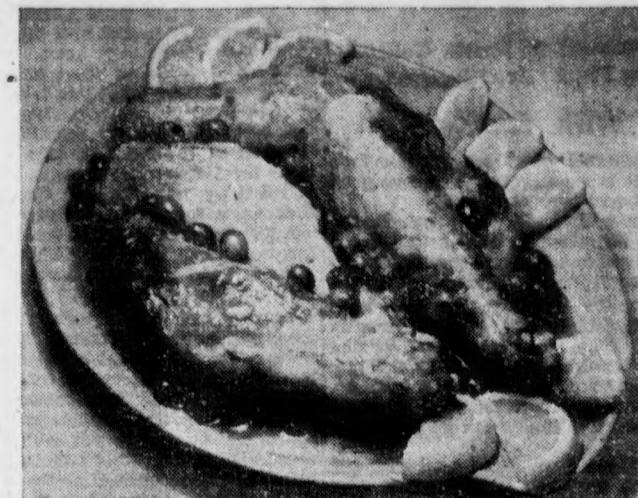
**Household Arts Department,
Winnipeg Newspaper Union,
60 Front Street W., Toronto.**

Be sure to write plainly your Name, Address and Pattern Number.

PEGGY

P...
PEGGY
...AND SO UNTIL THIS TIME NEXT
WEEK WHEN (SOB) I HOPE THE
NEWS WILL BE BRIGHTER,
THIS IS JOHN C. KESSELMEIER,
YOUR WORLD CORRESPONDENT!
Y

Selected Recipes :



Here's a satisfying dish the family will enjoy! Try these lamb shanks, flavored with the richness of cloves, cinnamon and cranberries, and cooked until they are fork-tender. Just before serving, drench them with the unusual and colorful sauce.

It used to be that lamb was a seasonal treat, but nowadays it is a year-round meat.

Versatile lamb is so tender, it can be fried, roasted or broiled, and, of course, it's good stewed, in patties or in meat loafies too. Here are two ways it can be served.

Lamb Shanks With Cranberries

Four lamb shanks, 1/4 cup flour, 1 tsp. salt, 1/2 tsp. pepper, 1/4 cup fat, 2 cups cranberries, 1 1/4 cups water, 8 whole cloves, 2 tsp. ground cinnamon, 3 tbsp. sugar, 3 tbsp. flour, 1/4 cup water.

Dip shanks in mixture of flour, salt and pepper to coat thoroughly. Pan fry in fat in heavy skillet, until well browned. Meanwhile boil cranberries in 1 1/4 cups water, about 5 minutes or until skins pop. Add spices

and pour over browned shanks. Cover pan and simmer or bake in a slow oven (300 degrees F.) for 2 1/2 to 3 hours, until meat is tender. Remove shanks and make a sauce in the pan by stirring in the blended flour, and 1/4 cup water. Stir and boil 5 minutes to thicken. Pour over lamb shanks.

Barbecued Lamb Breast

Two lbs. breast of lamb, 1 medium onion, 1/2 cup chili sauce, 1/4 tsp. red pepper, 1 tbsp. vinegar, 1 cup water.

Cut lamb in four pieces. Season Brown on all sides in a heavy frying pan or skillet. Add sliced onion, chili sauce, pepper, vinegar and water.

Cover, simmer about 1 1/2 hours. Uncover and cook about 20 minutes or until barbecue sauce is almost absorbed.

HANDBOOK SAYS

Average Hockey Player Skates From Two To Three Miles A Game

TORONTO, Ont.—The average hockey player skates from two to three miles during a game according to statistics in the newly-published "Hockey Handbook", a 160,000 word instructional guide to Canada's national game written by Lloyd Percival—320 pages and bound in board covers.

Percival, director of Sports College, a nationwide sports research and instruction service with headquarters in Toronto, conducted a six year research project before writing the Handbook. From a study of about 500 professional and amateur games, he obtained statistics which make it the first really comprehensive textbook for players and coaches.

A survey of professional hockey executives revealed that poor skating prevents more players from reaching the big time than anything else, Percival writes. As a result, The Hockey Handbook contains 50 pages entirely devoted to the development of skating skill, with special drills and diagrams to illustrate the text.

Other chapters in the 320 page volume include "Carrying the Puck", "scoring Goals", "Offensive Strategy and Tactics", "Defensive Strategy", "Goalkeeping", "Practice Organization and Coaching Technique" and "Training". It contains special drills to develop condition and stickhandling, passing and shooting skill, plus diagrams to illustrate offensive and defensive plays which can be performed by any hockey team.

The playing tricks of such performers as Syl Apps, Maurice Richard, Bill Durnan, Edgar Laprade, Cal Gardner, Gordie Howe and others are also analyzed and described in detail so that any student of the game can perform them.

At the request of Detroit Red Wing General Manager Jack Adams, Lloyd Percival and the Sports College research staff recently staged a physical evaluation of the Stanley Cup Champions and recommended a pro-

gram to improve their physical efficiency and skill. Percival also played hockey himself, and was coach of the National Sea Flea Midgets in 1932. This team, generally considered one of the greatest age-limit squads in history, scored 217 goals and allowed only four. Bobby Bauer went on from this team to N.H.L. stardom.

This background of hockey knowledge makes the Handbook an authoritative text on all phases of the game. Lester Patrick of the New York Rangers, one of the greatest coaches of all time, described earlier hockey training literature from Sports College as "the best I have ever seen."

Vic Stasuk of the Detroit Red Wings is one N.H.L. player who has ridden to the big leagues through this material. He recently told Percival he carries it with him wherever he goes.

The Hockey Handbook, published by the Copp Clark Company, can be obtained from Sports College, Box 99, Toronto 1, Ont., for \$3.50. In hockey, as in almost no other sport, there has been a complete lack of instructional literature, and this Handbook should prove a welcome addition to the sports library of any hockey player or coach.

Says Mechanization Ousts Small Farmer

SASKATOON.—A directors' report read at the opening of the Canadian Co-operative Implements convention said the high degree of mechanization of prairie farms is tending to eliminate the small farmer.

The report suggested co-operative ownership of farm machines might be one way of offsetting "this undesirable tendency".

The directors' report said increases are likely in 1951 in the price of farm machinery. It added the prices have already increased by about 65 per cent. compared with 1939.

Garden Notes



It's One Of The Best

As a hobby, recreation, exercise, or whatever you call it, gardening is one of the best. It is inexpensive—a few dollars will buy all the seeds, tools and fertilizer necessary. It is elastic—one can spend as much or as little time and energy as one likes or the doctor advises. It takes us outdoors into the sunshine, lets us follow the natural spring urge of digging in the soil. And, finally, gardening gives satisfaction that comes only from creating something with our own hands. With a few tiny seeds and plants one can have a flower garden that is as individual as a painting. With a few packets of vegetable seeds one can produce fresh quality that simply cannot be purchased for any price.

Planning Will Help

It's not necessary, of course, but it will add to the interest and fun to do a little planning. Moreover, until the weather and soil really start to warm up, planning is about all the gardening one can accomplish just now in most parts of Canada.

Some people prefer to make a drawing more or less to scale. This will show the main permanent features of the property, the position of the house, garage or any other buildings, the fence or property lines. It will also include any prominent objects like big trees, sidewalks, gates, etc.

In laying out a garden, the flowers and shrubbery are usually grouped about the lawn and arranged informally. The vegetable garden, of course, for reasons of convenience is usually laid out in straight-lines. In this planning a good Canadian seed catalogue or two, which the authorities are usually willing and glad to provide free, will prove helpful.

The main purpose of planning in flowers and shrubbery is to keep the big things at the back and the little things in front, so that nothing will be hidden. As for spacing it is a good general rule to allow half as much room between plants as these will be at maturity. That means a few inches for little things like alyssum, dwarf marigolds and such, and up to two or three feet for small shrubs and much more for the larger things and trees. In vegetables it is advisable to allow from one foot to three between the rows, depending on size at maturity and whether or not cultivation is to be by hand or with a garden tractor. Where space is limited some room can be saved by putting trailing things over fences or around the edge of the vegetable garden.

First Jobs

There are, however, some outdoor jobs that can be started almost any time. One of the first will be lawn repairs or the starting of new ones. Grass seed makes its best growth in cool weather, in fact it must be sown just as soon as the soil can be worked. Sweet peas also must go in early for best results. They need to develop their deep growth before the weather gets warm. If a hotbed is attempted one should get a government bulletin right away on how to build it.

Helpful Hints

Have you tried rubbing soap generously on the snow shovel to make it easier to clean icy sidewalks and shovel snow? Try it. It's good for sled runners, too.

If peeling onions brings tears to your eyes, turn on the faucet in the kitchen sink and peel the onion under running water.

Nail polish, smoothed on as an extra coat over the enamel handles of your cooking utensils, will give them added protection against chipping or discoloring.

Your cookies will bake best on a sheet that is sturdy enough to remain perfectly flat throughout its use. If it lacks a rolled-top edge all around, which contributes to rigidity, make certain it is made of a heavy, durable metal.

—By Chuck Thurston



OUR COMPLETE SHORT STORY

Not Convincing ::

By Louis Arthur Cunningham

The Shot Was Real; The Whole Scene Was Real.

+ + +

JASON ROEBLING chewed on his cigar, tilting the ashen tip upwards until it was on a level with his bottle-shaped nose; then he glowered through the smoke at Nat Krider, who directed his shows. "You're all wet, Krider. This Morton Lane isn't an actor. He never will be. If you give him the lead in Smiling Skies the show will close down in a week."

"He seems like our best bet, Mr. Roebling. I tried him out—"

"Yeah! And I heard him. I'm telling you, Krider, he's not the man. Can I pick 'em or can't I pick 'em? Look at Lew Ballantine and Arnold Royle and Mae La Mar—"

Krider nodded his bald head with great deference. No question about it, Jason Roebling had picked these people. They were stars now; when Jason found them they hadn't been throwing their beams as far as the littlest candle.

"The trouble with Morton Lane, Krider—" Jason removed his cigar and held it out while he flicked the

ash carefully into the saucer of his coffee cup—"is simply that he's not convincing. You can sit and listen to him talk—nice voice, clear, every word can be heard, knows all the tricks, but you always feel this guy's acting. He can't make it real."

"He's a sell-out with the dames," protested Krider. "He's going over big on the radio. If you don't sign him up for Smiling Skies, I dunno what we'll do. He wants the part too."

"Yeah. He wants it bad. He was in to see me about it. He wanted to know what I had against him and I told him out-and-out. I said, 'I'm a square-shooter, Lane, and I think you're the kind of man who can hear the truth and take it.'

"What did he say?"

"He just rubbed his jaw and shook his head. Then he said, 'Well, maybe you're right. I never been accused of that before, but there may be something in it. Maybe I'm not throwing myself into the parts the way I should. Anyway,' he said, 'if anybody would know, Mr. Roebling, it would be you.' And, oh yeah, he asked me to listen in on some of his radio stuff an' see if I noticed any improvement. I said I would but it just isn't in him to be sincere. He can't convince me."

"Well—" Krider wriggled in his chair. Dinner was over. Jason Roebling's dinners were swell; only one thing spoiled them—Jason. "Well, you ought to give Lane a chance, Mr. Roebling. You might at least listen-in to him. He may be able to improve himself. He's on tonight, I think. Suppose we listen?"

"O.K." Jason grinned as he hoisted himself out of his chair. If he'd been the one to make mistakes he wouldn't be where he was.

He trundled out of the dining room, laying a pudgy hand on Krider's shoulder. Krider made a dive for the newspaper and scanned the night's programs.

"We're late," he said. "Lane will be almost finished."

"That's good." Roebling chuckled and flopped into a big chair, the chuckle ending in a grunt.

Krider turned the controls from the little stand beside the chair that faced Roebling's. They looked at each other in the moment of waiting, then a voice they both knew as Lane's spoke out—

"You're a liar, Britt. Put that gun down. You don't know what you're doing. You can't get away with this, you drunken fool!"

"Lousy!" muttered Jason.

"You know Marion and I love each other and did love each other long before she was shoved into marriage with a crook like you. Even then, you know we played the game—"

"He don't get better; it's worse," muttered Jason.

"—until you got hitting the bottle and going around. We'd have played the game even then if we'd thought there was any hope for you."

"Shut up, rat, and say your prayers. You're a pair of dirty double-crossers. I'm telling the world, so

(Copyright Wheeler Newspaper Syndicate)

ASPIRIN
TRADE MARK REG. IN CANADA
RELIEVES PAIN AND
SORE THROAT
DUE TO COLDS
FEEL BETTER FAST!

**Mrs. Ely Culbertson
Compares Blue Bonnet
—Won't Go Without It!**



Here's a hint from Mrs. Ely Culbertson. Compare BLUE BONNET Margarine with any spread at any price. Like the bridge expert's wife, you'll love BLUE BONNET's fresh, sweet flavor! Rich nutrition! Real economy! Buy BLUE BONNET Margarine and get "all three" flavor! Nutrition! Economy-e-e!

Blue Bonnet margarine is sold in two types — regular economy package with color wafer, and also in the famous YELLOW QUIK bag for fast, easy color.

BT-5

THE TILLERS



—By Les Carroll



—Central Press Canadian.

BLIND MARKSMAN—Bill Allard, of Bell Gardens, Calif., who lost his eyesight in a hunting accident 15 years ago, has developed an uncommon sense of hearing and can shoot a bird off a limb 250 feet away, he says. His unerring aim got him into trouble. Parents of two boys said he aimed his sling-shot at them, hitting the mark. He charged the youths annoyed him.

it'll be a lesson to guys like you. I got you and I'm going to get her too. Take it."

A single shot crashed like distant thunder. That was all. Krider shut off the instrument, and looked inquiringly at Jason.

"Any better, Mr. Roebling?"

"Don't kid me, Krider. You're kidding yourself. What I said goes."

Krider nodded resignedly.

"Why are you so hot to have him in the part anyway?"

"Oh, he's been after me and I promised to do all I could to help him. I told him I'd let him know your answer tonight. I suppose I'd better call him now while he's at the station."

"Tell him we're sorry, Krider. Tell him too that he knows the reason. I gave it to him this afternoon." Jason lighted a fresh cigar while Krider found and dialed his number.

Krider asked for Morton Lane; then he didn't say another word. He sat, his mouth open, his eyes fixed glassily, unseeing, on the full-moon face of Jason Roebling. He sat like that for moments then he put the instrument down slowly and his gaze came back to proper focus.

"Didn't you get him? What did he—" Krider's tone was flat. "I didn't get him. He's dead. Bumped off by Willie Britt, the fellow who was acting with him. Seems he was playing around with Willie's wife and Willie got to know about it. That shot was real. They thought it was part of the act—the studio people."

He looked at Jason, got up and grabbed his hat. As he walked out he said, "But it wasn't convincing." (Copyright Wheeler Newspaper Syndicate)

Plan To Carry On Road Work In Park

PRINCE ALBERT, Sask. — James Smart, director of national parks, said that prospects are good that the 30 miles of highway from the Prince Albert national park gate to Waske-siu resort townsite in the park will be hard-surfaced this summer. "Unless unforeseen circumstances arise . . . we shall carry on with this work in the spring," said Mr. Smart, who visited here.

BIG DUCK BILL

EDMONTON.—Water conservation throughout Alberta has cost Ducks Unlimited more than \$1,000,000 in the last 10 years, Rennie Harley, Alberta manager for the organization, said here. 2922

DON'T Just ask what's good for a COUGH?

ASK FOR

BUCKLEY'S MIXTURE

A SINGLE SIP TELLS WHY

Fiery, Itching Skin Gets Quick Relief

Here is a clean stainless penetrating antiseptic oil that will bring you speedy relief from the itching and distress of Barber's Itching Toes and Feet, Rashas and skin troubles.

Not only does this healing antiseptic oil promote rapid and healthy healing in open sores and wounds, but boils and simple ulcers are also quickly relieved. In skin afflictions—the itching of Eczema is quickly stopped; the eruptions dry up and disappear in a very few days. The same is true of Barber's Itch, Salt Rheum and other skin eruptions.

You can obtain Moone's Emerald Oil wherever drugs are sold.

: Western Briefs :

Progress Note

NORTH BATTLEFORD, Sask. — The coal dock built 45 years ago at the Canadian National railways yards here has been scrapped. It has been replaced by a modern all-steel automatic coal-loading device.

Check Hitch-Hikers

WINNIPEG.—Thirty high school boys and girls were hailed before the juvenile and family courts on charges of soliciting rides from motorists and walking on the highway. An officer said the students had given police a headache by walking as many as four abreast.

Victim Of Melting Snow

CALGARY.—Four-year-old Glen Wilson Goodbrand died from asphyxiation when he was smothered by snow in a thawing igloo playhouse. A playmate, eight-year-old Paul Shepherd, tried to shovel his friend out of the snow. With the help of a young passerby, Wayne Stewart, 11, he got the boy out. But efforts to revive the youngster by his mother and the fire department failed.

Dies At Coast

VICTORIA, B.C.—Wilfred Norman Tyler, 56-year-old retired farmer from Marshall, Sask., father of four young boys, died from carbon monoxide poisoning while attempting to start his car. He was found lying in his garage half out of his automobile. Mr. Tyler, his wife and four sons between six and 14 came to British Columbia from the prairies about five years ago.

President Of Association

WINNIPEG.—W. A. Cumming of Dropmore, Man., was elected president of the Manitoba Horticultural association at the closing session of the 53rd annual convention.

League President

SWIFT CURRENT.—James Wilson, Saskatoon, was named president of the Saskatchewan Fish and Game

league at the annual convention held here.

To Stamp Out Disease

NEW WESTMINSTER, B.C.—The biggest vaccination programme in the history of Canadian agriculture has been launched in the Fraser valley to stamp out Newcastle disease.

According to the State Department, 96,000 east zone Germans have died in Communist concentration camps since the end of the war.

Frances Langford Compares Blue Bonnet — It's Her Favorite!



Here's a hint from Frances Langford. Compare BLUE BONNET Margarine with any spread at any price. Like the famous vocalist, you'll love BLUE BONNET's fresh, sweet flavor! Rich nutrition! Real economy! BLUE BONNET is fine quality all-vegetable margarine. Use BLUE BONNET in cooking, on vegetables, as a delicious spread. Buy BLUE BONNET and get "all three" flavor! Nutrition! Economy-e-e!

Blue Bonnet margarine is sold in two types — regular economy package with color wafer and also in the famous YELLOW QUIK bag for fast, easy color.

BT-7

Year in year out quality has always been and will always be the first consideration with

"SALADA"
TEA

Luscious HONEY BUN RING

Quick to make
'with the new
Fast DRY Yeast

• Hot goodies come puffin' from your oven in quick time with new Fleischmann's Fast DRY Yeast! No more spoiled cakes of yeast! No more last-minute trips—this new form of Fleischmann's Yeast keeps in your cupboard! Order a month's supply.



HONEY-BUN RING

Scald $\frac{3}{4}$ c. milk, $\frac{1}{2}$ c. granulated sugar, $\frac{1}{2}$ tsp. salt and $\frac{1}{4}$ c. shortening; cool to lukewarm. Meanwhile, measure into a large bowl $\frac{1}{2}$ c. lukewarm water, 1 tsp. granulated sugar; stir until sugar is dissolved. Sprinkle with 1 envelope Fleischmann's Royal Fast Rising Dry Yeast. Let stand 10 mins., THEN stir well.

Add cooled milk mixture and stir in 1 well-beaten egg and 1 tsp. grated lemon rind. Stir in 2 c. once-sifted bread flour; beat until smooth. Work on 2 c. (about) once-sifted bread flour. Knead on lightly-floured board until smooth and elastic. Place in greased bowl and grease top of

dough. Cover and set in warm place, free from draught. Let rise until doubled in bulk. Punch down dough and roll out into an oblong about 9" wide and 24" long; loosen dough. Combine $\frac{1}{2}$ c. lightly-packed brown sugar and $\frac{1}{2}$ c. liquid honey; spread over dough and sprinkle with $\frac{1}{4}$ c. broken walnuts. Beginning at a long side, loosely roll up like a jelly roll. Lift carefully into a greased $8\frac{1}{2}$ " tube pan and join ends of dough to form a ring. Brush top with melted butter. Cover and let rise until doubled in bulk. Bake in moderately hot oven, 375° , 45-50 minutes. Brush top with honey and sprinkle with chopped walnuts.

CLASSIFIED ADS

FOR SALE—One 2-storey House, 28x38, finished inside, A1 shape. Built in 1928 of fir lumber; and one 3-room House in A1 shape, finished inside and insulated. Moving outfit available. Apply William Toews, Linden, Alta. Phone 2127, Acme. 10-2tc

FOR SALE—No. 1 couch free Brome Grass, 16½¢ per lb., bags extra. Apply at Linden Machine Works, Linden, Alberta. Phone 2120, Acme. 10-3tc

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S. F. TORRANCE
INSURANCE
ALL CLASSES
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CARBON THEATRE

Mar. 15—Letter to Three Wives
March 22—Son of Monte Cristo
March 29—Grapes of Wrath
April 5—Kit Carson.

UNWANTED HAIR

Permanently eradicated from any part of the body with Saca-Pelo, the remarkable discovery of the age. Saca-Pelo contains no drug or chemical and will kill hair root.

LOR-BEER LABORATORIES
679 Granville St., Vancouver, B.C.

The farmers bonspiel was completed Monday when the final of the Holstein event was played. Complete results are:

Hereford event: 1. L. Halstead; 2, L. Brown; 3, S. Cannings; 4, J. Diede.

Shorthorn event: 1, E. Cannings; 2, G. Schell; 3, J. Reid; 4, J. Appleyard.

Holstein event: 1, L. Coates; 2, D. Gieck; 3, J. Bushby; 4, Remper.

Mrs. Leslie Bramley has received word of the death of her grandmother, Mrs. M.J. Parker of Twining, who died in Three Hills hospital March 8th.

The March 5th meeting of the Carbon F.U.A. Local was canceled because of blocked roads and the next meeting will be held on Monday, April 2.

Mr and Mrs. Jim Bushby received a host of practical gifts Saturday evening at the community shower sponsored by the Duke of York Chapter I.O.D.E. Community singing, vocal solos and a program of stunts were enjoyed. Grateful appreciation of the many gifts was expressed by Mrs. Bushby. Lunch was served by members of the I.O.D.E.

Be sure to attend the H.S.A. tea and sale of home cooking in the Scout Hall Saturday, March 17th. Proceeds are for the proposed public library.

CARD OF THANKS

We wish to sincerely thank Dr. Elliott, Swalwell, Dr. McFarlane, Carbon, Miss Dorothy Mortimer, Messrs. Stewart Hay, John Gordon, and Dick Gimbel and associates, and Hartley Hay, who so kindly assisted us during our recent illness.

We also wish to express our sincere thanks to our friends and relatives who gave floral tributes and cards of sympathy and for other kindnesses shown during our recent bereavement.

Mr. and Mrs. John Briggs and family

IN MEMORIAM

BRAMLEY—In loving memory of Florence, who passed away March 14, 1947.

"Gone but not forgotten."

Ever remembered by the Family

HARRY HUNT
Draying
Soft Water Hauling
Res. Phone 52

Andy Bell
DRAYING
General Trucking

Top Traction For Year-Round Farming

GOOD YEAR
SUPER SURE-GRIP
TRACTOR TIRES

With the greatest pull on earth, Super Sure-Grips do more work per hour, with less fuel in any soil conditions! Let us show you why.

G-4

GOOD YEAR TIRES

GARRETT MOTORS
PHONE: 31
OLIVER & MINNEAPOLIS MOLINE IMPLEMENTS - G. M. PRODUCTS

Government **Business Is Your Business**

Roads For Unity

The boundaries of habitable land in Alberta are being extended every year by the province's tremendous road program. As civilization pushes the frontiers back, more areas are accessible and usable, thereby contributing to a more balanced provincial economy. Following the initial road building projects come the vast improvements and maintenance work necessary on the network of existing highways throughout the length and breadth of the province. Good roads for all is the ultimate objective of the Department of Public Works; for good roads are connecting links to unity.

ROADS. During 1950, 279 miles of asphalt highway were laid, bringing the total hard surface to 1,039 miles. Altogether, more than 5,000 miles of main and secondary highways were in use during the year, and more than \$13,300,000 was spent on construction alone. This constitutes a record expenditure, but planned construction for 1951 is anticipated to be even greater. Additional improvements during the year included the painting of centre strips on highways and replacing the old highway signs with standard illuminated diamond-shaped signs.

BRIDGES. The biggest bridge construction in Alberta's history is underway. The 1950-51 steel bridge construction includes bridges over the Bow River at Cluny, over the Red Deer River at Empress, over the north Saskatchewan at Elk Point, Clover Bar and Devon, and over the Athabasca river at Athabasca. In addition to this reinforced concrete bridges and many timber bridges have been constructed or rebuilt where traffic demands are greatest. Bridges replace ferries by priority on a traffic count basis. A total of \$2,348,000 was expended on bridges during the year 1950.

GRANTS. The Department of Public Works also administers grants to Municipal Districts for the maintenance and improvement of market and school van roads. In 1950, these grants amounted to \$2,350,000.

BRIDGES AND HIGHWAYS—
Comparative maintenance and construction costs:

	1939-40	1944-45	1949-50
17			\$16,892,000
16			
15			
14			
13			
12			
11			
10			
9			
8			
7			
6			
5			\$3,289,000 - \$3,460,000
4			
3			
2			
1			
0			

Royal Hotel
Calgary Alberta
Located in the Centre of Everything Worthwhile in Calgary
LADIES' LOUNGE ROOM

REGISTERED and CERTIFIED SEED
GOOD SEED INCREASES PRODUCTION
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DEPARTMENT OF PUBLIC WORKS

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Deputy Minister